

BLOCK 2

LEGS/PUSH/PULL PROGRAM

WEEK
1

DELOAD WEEK

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	3	75%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	60%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	7	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	7	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	6	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	6	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	2	8	6	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	8	75%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	7	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	7	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	8	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	7	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	7	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	6	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	7	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	2	6-8	7	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	2	10-12	7	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	2	12-15	8	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	2	20	8	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
DUMBBELL SUPINATED CURL	2	12-15	8	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

BLOCK 2**8 WEEK PEAKING PHASE****DELOAD WEEK**

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	4	75%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	7	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	7	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	6	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	8	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	75%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	72.5%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	2	8-10	6	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	7	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	8	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 17

TOTAL TRAINING TIME:

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	7	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	7	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	8	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	7	1-2MIN					SWEEP YOUR ARMS OUT LATERALLY, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	3	8	9	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	3	8	9	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	3	8	9	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL PROGRAM

WEEK
2

BLOCK 2

8 WEEK PEAKING PHASE

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	80%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	60%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	3	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	3	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	3	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	10	75%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
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ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

BLOCK 2**8 WEEK PEAKING PHASE**

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	75.00%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
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MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	72.5%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
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TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT LATERALLY, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL PROGRAM

WEEK
3

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	80%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	65%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
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TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	8	77.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
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TOTAL TRAINING TIME:

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TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
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TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

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A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
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BLOCK 2

LEGS/PUSH/PULL PROGRAM

WEEK
4

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	82.5%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	65%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	10	77.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

BLOCK 2**8 WEEK PEAKING PHASE**

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	77.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	77.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	77.5%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT LATERALLY, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL PROGRAM

WEEK
5

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	82.5%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	67.5%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	8	80.0%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

BLOCK 2**8 WEEK PEAKING PHASE**

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	4	80.00%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	80.0%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	80.0%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT LATERALLY, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0 MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0 MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL PROGRAM

WEEK
6

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	85.0%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	68%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	10	80.0%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

BLOCK 2**8 WEEK PEAKING PHASE**

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	80.00%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	80.0%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	80.0%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT LATERALLY, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL PROGRAM

WEEK
7

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	85.0%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	70.0%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	8	82.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

BLOCK 2**8 WEEK PEAKING PHASE**

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	4	82.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	82.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	82.5%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT LATERALLY, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL PROGRAM

WEEK
8

BLOCK 2

8 WEEK PEAKING PHASE

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	1	RPE 9 TEST	90%	3-4MIN					LOAD UP 90% AND DO AN RPE 9 TEST. LEAVE 1 REP IN THE TANK AND TEST NEW STRENGTH! PERFECT FORM!	
TEMPO BACK SQUAT	2	6	70%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	1	AMRAP	85.0%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	82.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	82.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	82.5%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT LATERALLY, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME: